

- ◇ Seven separate workshops providing information, tips and activities to improve your wellbeing & self esteem
- ◇ Find out about evidence-based treatments, including Mindfulness and Compassion Focused Therapy
- ◇ You are welcome to attend all the workshops or just the ones you are interested in
- ◇ Meet other people with similar difficulties in a supportive environment with drinks and snacks



To register or find out more information contact us on:

**Dr Ian Cuthbert on
0203 228 5426**
or
**Siobhan Woodcock
0203 228 4497**



Croydon Treatment Team

Jeanette Wallace House
1 Edridge Road
Croydon
CRO 1FE

Wellbeing & Self-Esteem Skills Workshops

Are you a client or carer with the East or West Treatment Team?

Call to register and come to any or all of the workshops available



South London and Maudsley **NHS**
NHS Foundation Trust

Well done



Come along to any or all of the sessions

What is self-esteem and how you can improve it



How to behave more kindly to yourself and how this helps



Motivating yourself and using your values to guide your actions

Wellbeing & Self Esteem Course Map

I ♥ ME



Managing difficult thoughts
Mindfulness taster session



Lifestyle choices to improve your mental health



How anxiety effects your body and tips on reducing it



How to improve your sleep

